



# ***THE ATHLETIC VIEW***

## ***The Winds of Change***

As February moves into March, the winds of the approaching spring begin to blow. With March, we see trees begin to sprout leaves, smell fresh flowers and hear the sounds of nature waking up from the winter slumber. For me, though, I'll take the sights and sounds of our local youth participating in sports in our area parks. Here in Chesterfield County, we have nearly 15,000 children participating in a variety of sports during the spring and the number keeps growing. And though we face a variety of challenges during this season, we will continue to support our youth and their athletic endeavors.

Whether you live in Bon Air or Beulah, Matoaca or Moseley, let the wind take you to a baseball game, a soccer match or a lacrosse or field hockey contest. You will be extremely glad you did, and the young people playing will be excited too.

Paul Wilmoth  
Editor

"The lesson you teach today is not confined to the walls of a classroom. Once it is implanted into the heart and mind of a child, it can change the world."

**Unknown**

## ***We Need Your Help!***

In an effort to provide you with the most updated information, the Parks and Recreation Department staff is asking for your assistance. What do you have to do? It is as simple as providing your organization's e-mail address and Web address. With your e-mail address, we will be able to provide you with your quarterly newsletter, background check dates, meeting schedules and a wide variety of other useful information.

You may e-mail us at [wilmothp@chesterfield.gov](mailto:wilmothp@chesterfield.gov).



**Chesterfield County  
Parks and Recreation**

Volume 1, Issue 4  
March 2009

### **Inside this issue:**

Background Checks	2
League Happenings	2
Feature Article	3
Just Be a Fan!	3
Health Informa-	4
Nutrition	6
Field Information	7
FAQ's	8

## ***FYI***

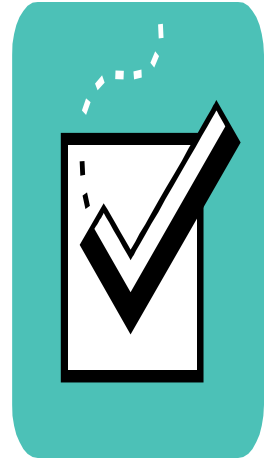
The next issue of The Athletic View will be published in June 2009.

# Background Check Information

## MARCH 2009

Wednesday	March 4	5-8:30 p.m.	Chesterfield Towne Center
Saturday	March 7	Noon-4 p.m.	Police Headquarters
Wednesday	March 11	5-8:30 p.m.	Chesterfield Towne Center
Saturday	March 14	8 a.m.-Noon	Police Headquarters
Wednesday	March 18	5-8:30 p.m.	Chesterfield Towne Center
Saturday	March 21	Noon-4 p.m.	Police Headquarters
Wednesday	March 25	5-8:30 p.m.	Chesterfield Towne Center
Saturday	March 28	8 a.m.-noon	Police Headquarters

For additional dates, times and locations, please check out the county Web site at [www.chesterfield.gov](http://www.chesterfield.gov).



## League Happenings

### Upcoming Events

March 15	7 p.m.	CBC meeting - Wagner Building
March 28		Chesterfield Little League opening day
April 1	6:30 p.m.	CYSA meeting - Wagner Building
April 2	7 p.m.	PRAC meeting - Community Development Building
April 4-13		Spring Break
April 19	7 p.m.	CBC meeting - Wagner Building
May 17	7 p.m.	CBC meeting - Wagner Building
May 23 & 24		Colonial Cup soccer tournament
May 30 & 31		Sun Cup soccer tournament

### IN THE BLEACHERS

BY STEVE MOORE



## Do Coaches Have All of the Answers?

There was an article written a few years back titled, “What If A Youth Sports Coach Held A Press Conference?” In this article, the writer has a coach holding a press conference to answer questions regarding his team’s performance. His team had tied three games in a row and the reporters were more concerned with results than with the overall benefits being received by the participants. How would our coaches answer questions like these?

- You now have three ties in a row. Aren’t you frustrated at your team’s lack of success?
- At the end of the game, the other coach had in his best players. Do you regret that you didn’t match that strategy?
- Your best player only played half of the game. Didn’t this hurt your team’s chance of winning?
- With your lack of wins, it appears that parents are upset that they didn’t get their money’s worth this season?
- Would your team have performed better if you had selected better players?

Are youth coaches prepared for this type of questioning? Better yet, should they have to do so? Coaches are those individuals who give up time and share knowledge to ensure that our young people can stay healthy, learn skills and be a part of a team. Hopefully, we can prepare our coaches for this true measure of success.

That’s all the time I have, so until next time - remember to practice in life what we practice in sports.

## Just Be A Fan!

What is a fan? Some will say that fan is derived from the word fanatic, a word that can be defined as an extreme supporter. On the other hand, many describe a fan as a loyal follower of our favorite team. A final definition describes every parent of a youth sport participant as a fan. To be the best **FAN** you can be, follow these helpful tip.”

- Be a positive and encouraging supporter.
- Cheer for good plays on both teams.
- Help the coach by not shouting out instructions.
- Let the officials do their jobs.
- Keep everything in perspective so that your children can.

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.

**Thomas Henry Huxley**

## Health Information - MRSA

Athletes are at increased risk for infection with *Staphylococcus aureus* bacteria or “staph” infection. These infections are both treatable and preventable; however, prevention of these infections among athletes often requires support from coaches and/or athletic directors, athletes and the parents of young athletes.

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of staph bacteria that is resistant to penicillin as well as some other common antibiotics. A staph infection, including MRSA infection, causes a boil, abscess, lesion, and/or other soft tissue infection. If left untreated, a more serious infection, such as a bloodstream infection, may develop. Approximately, one percent to three percent of individuals in the community are colonized with MRSA. Individuals who are “colonized” are carriers of the bacteria, but they do not have any symptoms of infection. Individuals who have “infection” are symptomatic, i.e., a wound or lesion is present.

Staph bacteria are spread by touching an infected wound or by touching an item or surface that has been contaminated with drainage from an infected wound. These bacteria usually do not cause infection unless they get into the body through a break in the skin.

Athletes are at increased risk for infection because they often have direct contact with infected spots or discharges from other athletes. In addition, they may be more likely to sustain a tear or break in the skin which creates a portal of entry for bacteria to cause infection. Finally, athletes may share items such as towels, water bottles, equipment or other personal items that may become contaminated with the bacteria.

Frequent hand washing is the best way to prevent staph infections. Additional measures to prevent infection include showering after practices and meets, not sharing personal items, and keeping wounds or lesions clean, covered and dry. In addition, a healthy environment should be maintained by routinely cleaning athletic equipment (e.g., balls, bats and rackets) and surfaces, such as benches and wrestling mats, with a household disinfectant or a bleach solution (1 quart water:2.5 tsp bleach). Whenever possible, equipment should be assigned to individuals, not shared between team members.

Staph infections, including MRSA infections, should always be treated by a healthcare provider. Ask your athletes to report all potential skin infections and refer these athletes to their medical providers for diagnosis and treatment. Exclusion from normal activities is recommended only for individuals who are unable to cover their skin infections with a clean and dry bandage for the duration of the activity.

Share information about preventing staph infections with the players on your team. If youth are involved, share information with their parents as well. If you have questions about MRSA among athletes or suspect a MRSA outbreak, please contact the Chesterfield Health Department at (804)748-1975.

Additional information about MRSA infections can be found at: <http://www.vdh.virginia.gov/Epidemiology/factsheets/Methicillin.htm>.

## Prevent the spread of infections!

Athletes' responsibilities	Coaches, Officials, and Team Leaders responsibilities
1. Report all sores or concerning skin problems to a coach, athletic trainer, school nurse, or other health care provider. Tell she/he that you participate in sports.	1. Observe the athletes for skin problems. Encourage and support athletes to report sores, lesions, and rashes. Refer them to a health care provider if concerning.
2. Before and after skin-to-skin contact athlete: <ul style="list-style-type: none"> <li>Wash your hands with soap and running water for 15-20 seconds or,</li> <li>Use alcohol-based hand rub if hands are not visibly dirty</li> </ul>	2. Promote good hand washing: <ul style="list-style-type: none"> <li>Athletes: before and after skin-to-skin contact</li> <li>Coaches and officials: before and after contact which each athlete</li> </ul>
3. After being checked by a health care provider, completely cover all sores, lesions, rashes, and wounds with a water-proof bandage so no fluid can drain from it. Change the bandage if it become wet.	3. After being checked by a health care provider, ensure all sores, lesions, rashes, and wounds are covered by a water-proof bandage that prevents any fluid draining from the wound before and during participation.
4. Do not share water cups or bottles.	4. Ensure athletes have access to bottles or cups that are not shared.
5. Shower immediately after every practice and game <i>before</i> going home. <ul style="list-style-type: none"> <li>Use warm water and liquid soap</li> <li>Use only your own towels, razors, or wash clothes and do not share them with others</li> </ul>	5. Ensure athletes shower immediately after every practice and game <i>before</i> going home <ul style="list-style-type: none"> <li>Ensure that showers are functional with warm water and liquid soap available</li> <li>Ensure that towels, razors, or wash clothes are not shared</li> </ul>
6. Never share sweaty or dirty towels or clothing. Launder all towels or clothes after each wearing according to label directions.	6. Ensure provided towels, uniforms, or clothing are laundered and dried after each use according to label directions.
7. Use clean personal equipment such as pads, head gear, etc.	7. Assist in the cleaning of all personal equipment such as pads, head gear, etc. per manufacturer's instructions.
8. Follow coach's instructions for cleaning and disinfection of shared equipment such as mats.	8. Develop and implement cleaning and disinfection protocols for all shared equipment such as mats.

**There are two ways you can have MRSA.**

### 1. You can have an active infection.

An active infection means you have symptoms. This is usually a boil, a sore, or an infected cut that is red, swollen, or pus-filled.

### 2. You can be a carrier.

If you are a carrier you do not have symptoms that you can see, but you still have MRSA bacteria living in your nose or on your skin and you can spread MRSA to others. If you are a carrier, your doctor may say that you are colonized. These words - "carrier" and "colonized" - mean the same thing.

## Chesterfield County Parks and Recreation

6801 Mimms Loop  
P.O. Box 40  
Chesterfield, VA 23832

Phone: (804) 748-1623  
Fax: (804) 751-4131  
E-mail: [wilmothp@chesterfield.gov](mailto:wilmothp@chesterfield.gov)



### Chesterfield County Parks and Recreation Department Mission Statement

The mission of the Chesterfield County Parks and Recreation Department is to provide a comprehensive system of leisure programs, educational opportunities and recreational facilities for all its citizens while conserving and protecting environmental, historical and cultural resources.

We will promote community involvement in developing and providing leisure services. The department will ensure customer service excellence, affordability, equal opportunity, a safe environment and access for all citizens.

If your organization has had any changes in its leadership, please contact Paul at 748-1130 or at [wilmothp@chesterfield.gov](mailto:wilmothp@chesterfield.gov).

## Frequently Asked Questions

How can I get an article into the newsletter?

If you would like to submit an article or have some information that you would like to share with the community, please contact Paul at 748-1130 or send an e-mail to [wilmothp@chesterfield.gov](mailto:wilmothp@chesterfield.gov). If there is space available, we will make every effort to place great stories.

How can I get field closure information?

Decisions on field closures are made by 4 p.m. on weeknights for baseball and softball facilities. The adverse weather hotline number is 748-1001 and will be available on March 16. You may also check the Parks and Recreation Web site at [www.chesterfield.gov](http://www.chesterfield.gov) and click on the Field Closing tab. On rare occasions, such as hurricane warnings and snow, the department will utilize the adverse weather line to close all facilities.

What is PRAC?

We often refer to the Parks and Recreation Advisory Commission as PRAC. PRAC is an 11-person, volunteer board whose members are appointed by the Board of Supervisors. They meet monthly to hear concerns, discuss issues and provide input to the department about the operation of Parks and Recreation services. Meetings are held on the first Thursday of the month from August to May at 7 p.m. in the Community Development Building. For more information regarding PRAC, please call Bill Carlson at 748-1128.



Chesterfield County Parks and Recreation, P.O. Box 40, Chesterfield, VA 23832

804-748-1623

[www.chesterfield.gov](http://www.chesterfield.gov)

Providing a FIRST CHOICE community through excellence in public service